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Nutri - Topics

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705

Consumer

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Food Composition

Books and Miscellaneous Publications (in order by year)

Bowes and Church's Food Values of Portions Commonly Used. 16th ed. Jean A.T. Pennington. Philadelphia, PA: Lippincott. 1994. 483 pp.

Encyclopedia of Food Values. Connie T. Netzer. New York, NY: Dell Publishing. 1992. 805 pp.

The Complete Book of Food Counts. 2nd ed. Corinne T. Netzer. New York, NY: Dell Publishing. 1991. 616 pp.

The Complete Revised and Updated Fast-Food Guide: What's Good, What's Bad, and How to Tell the Difference. Michael Jacobson and Sarah Fritschner. New York, NY: Workman Pub. 1991. 333 pp.

Convenience Food Facts: Help for Planning Quick, Healthy, and Convenient Meals. 3rd ed. Arlene Monk and Marion J. Franz. Minneapolis, MN: International Diabetes Center. 1991. 457 pp.

Fast Foods: Eating In and Eating Out. Monte Florman and Marjorie Florman. Mount Vernon, NY: Consumers Union. 1990. 326 pp.

Fast Food Facts: Nutritive and Exchange Values for Fast-Food Restaurants. Marion J. Franz. Wayzata, MN: Diabetes Center. 1987. 54 pp.

The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Magazine Articles (in alphabetical order)

"Candy is candy is candy." Bonnie Liebman. *Nutrition Action Health Letter*, 9 (3): 14-15. 1982.

"Cereal: breakfast food or nutritional supplement?" *Consumer Reports*, 54 (10): 638-643. 1989.

"Meat." L.P. Easley. *Harvard Health Letter*, 16 (5): 1-4. 1991.

"More than 100 frozen dinners worth heating." *Tufts University Diet & Nutrition Letter*, 8 (2): 3-6. 1990.

"Shelf-stable meals: cans in drag." J. Hurley and S. Schmidt. *Nutrition Action Health Letter*, 17 (1): 10-11. 1990.

"Where's the fat?" *Consumer Reports*, 55 (3): 158-159. 1990.

"Yogurt: diet food or dessert?" *Consumer Reports*, 56 (5): 323-325. 1991.

U.S. Government Publications (in alphabetical order)

Calories and Your Weight: The USDA Pocket Guide. Rev. U.S. Dept. of Agriculture. Agriculture Information Bulletin. No. 364. 1990. 114 pp.

Microcomputer Software Collection. Natalie Updegrave. Beltsville, MD: National Agricultural Library. December 1992. 58 pp.

Nutritive Value of Foods. Rev. U.S. Dept. of Agriculture. Home and Garden Bulletin No. 72. 1991. 72 pp.

The Sodium Content of Your Food. U.S. Dept. of Agriculture. Home and Garden Bulletin No. 233. Rev. 1983. 43 pp.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department	Nutritionist
County or State Extension Service	Home Economist
Hospital.....	Dietitian

College or University
Dept. of Home Economics,
Dietetics, Food Science or Nutrition Instructor

National Contacts

Food and Nutrition Information Center, National Agricultural Library, USDA,
10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 504-5719.

Food companies, grocery chains, and restaurant franchises - contact the companies
consumer affairs department concerning nutrient and caloric content of their
products. Check food labels for addresses.

National Center for Nutrition and Dietetics, American Dietetic Association, 216 W.
Jackson Blvd., Suite 800, Chicago, IL 60606-6995. 1-800-366-1655.

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Nutritionist, Human Nutrition Information Service

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